



**Adult Survivors of  
Child Abuse (ASCA)  
Global Newsletter**

**WINTER 2019**

In this Quarterly  
newsletter  
issue,



we share about an ASCA Book Club,  
original poetry, and some suggested  
guidelines for interacting with other  
ASCA members outside of meetings.

The Morris Center and the ASCA Program  
continue to grow worldwide. We need  
your help to reach more adult survivors of  
child abuse. Please consider [volunteering](#),  
following us on [Facebook](#), or by making a  
[donation](#) in any requested amount that  
feels right for you. **The Morris Center  
wants to remind  
*all of you* that you are awesome and  
appreciated.**

**[The Morris Center for Healing from Child Abuse](#)**

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**In This Issue**

[Original Poetry](#)

.....  
[ASCA Virtual BOOK CLUB](#)

.....  
[ASCA Support Group:  
Suggested guidelines  
outside of meetings](#)

.....  
[THANK YOU](#)

.....  
[Volunteer, comment, find us  
on Facebook](#)

Original Poetry:

**Harsh Words**

*by Paige*

There's a reason I won't be  
Spoken to that way.  
See I heard too much  
In my younger days.  
Words like a knife  
Cut to the quick.  
Soon I found  
My identity had been stripped.  
I would try to be anyone  
And anything I would say  
To make them stop gnawing  
At my heart that way.

But as I grow older  
More knowledge I gain.  
I'm learning my worth  
And letting go of the we pain.  
I now speak out  
When I feel I'm mistreated  
And stand firm for the respect  
That I've always needed.

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### [ASCA BOOK CLUB](#)



Did you know there's an ASCA book club  
formed by members of the ASCA virtual  
meetings? Share and learn about books on  
thriving and recovery with other Adult

Survivors of Child Abuse. Using the zoom platform, this discussion group meets every other Monday Night.

To learn more, [send an email](#) and include "book club" in the subject line



ASCA Cafés (including virtual), Social Network Pages & ASCA buddies self care is important:

We recommend that interactions with other ASCA members outside of meetings, use the same guidelines we follow during our ASCA meetings:

- *Supportive Feedback and/or Information & Resources*
- *Stay away from Psychoanalyzing, giving Advice, and Labeling of Others (name calling)*
- *Be mindful of using gentle, non-accusatory language.*

*Thanks to Amaroq for helping write this article!*

We want to give a big  
**THANK YOU** to all who made donations in 2018.





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